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### Items of Interest:

**The common cold.** Sneezing, nasal congestion, sore throat, watery eyes—everyone knows the first signs of the common cold. Although a cold is usually a mild form of illness, the systems usually last 1 to 2 weeks, and it is the leading cause of doctor visits. Symptoms of the common cold begin to appear two to three days after infections and often include difficulty breathing through your nose, sneezing, sore throat, cough and headache. There is no cure for the common cold, but you can get relief from your cold symptoms by resting in bed, drinking plenty of fluids and taking acetaminophen. To keep others from “catching” your cold, limit your contact with others, wash hands frequently and cover your mouth when you have to cough. For more information about the common cold, visit <http://www.niaid.nih.gov/factsheets/cold.htm>

# Navy and Marine Corps Medical News

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## Bethesda Doctors Study Risk of Leaving Small Polyps in Colon

By Journalist 3<sup>rd</sup> Class Heather Weaver, National Naval Medical Center

**BETHESDA** - Navy doctors at the National Naval Medical Center are researching a new colon health initiative where providers leave small colon polyps in place rather than removing them and monitor these polyps through Virtual Colonoscopy.

In the past, doctors removed all polyps once they were discovered. Experts now say most polyps do not actually become colon cancers. They believe leaving small polyps six to nine millimeters in size in place and coming back in a year to

see if there are changes will lead to ground breaking findings for polyp management in the future.

"The small risk associated with removing a polyp may outweigh the risk of it turning into something bad," said CDR Brooks Cash, Gastroenterology and Colon Health Initiative department head.

According to Cash, Virtual Colonoscopy is permitting better polyp management research and colon cancer screenings. Colon cancer is the third leading cause of cancer death in the U.S., cites the American Cancer Society.

Bethesda's Virtual Colonoscopy

*(Continued on page 3)*



**NAVAL HOSPITAL PENSACOLA** - Rear Adm. Christine Bruzek-Kohler, Navy Nurse Corps Director, presented Hospital Corpsman 1st Class Dexter Lewis with the Purple Heart Medal and citation he earned for injuries sustained during combat while stationed in Iraq with II Marine Expeditionary Force in support of Operation Iraqi Freedom, Dec. 16. Lewis is assigned to the Command Education Department at the hospital. Bruzek-Kohler is a former Executive Officer of the hospital. U.S. Navy photo by Journalist 1<sup>st</sup> Class (AW) Russ Tafuri

## Corpsman Brings Experience, Excellence to Surgical Company



**AL ASAD, Iraq** – Hospital Corpsman 1st Class Edward A. Magrill stands in front of his "domain" in the hospital, Dec. 31. He is an independent duty corpsman with Surgical Company, Combat Logistics Battalion 2, 2nd Marine Logistics Group (Forward). Magrill dropped everything including his career as a paramedic to provide medical care to Sailors and Marines. *U.S. Marine Corps photo by Lance Cpl. Wayne C. Edmiston*

**By Lance Cpl. Wayne C. Edmiston,  
2nd Marine Logistics Group**

**AL ASAD, Iraq** – Hospital Corpsman 1<sup>st</sup> Class Edward A. Magrill, an independent duty corpsman (IDC) with Surgical Company, Combat Logistics Battalion 2, 2nd Marine Logistics Group (Forward), dropped everything, including his career as a paramedic to improve the lives of Sailors and Marines.

He serves in the Level 1 care facility at Al Asad Surgical, providing for the basic needs of all his patients.

"As an IDC, I am a primary provider," Magrill said. "I do everything such as routine evaluations, x-rays, lab tests, prescribe medications and even assisting with casualties that come in."

Being able to care directly for a patient is what attracted Magrill to being an IDC, and he has loved it ever since.

"I love the autonomy with my patients," he said. "Being able to see my care all the way through, and making them feel better; it's a great feeling."

Respect is one thing Magrill has earned from his peers with both his

Naval and civilian experience.

"It's what I call the 'ah-ha factor'," he explained. "It's when I teach a young corpsman something new, and they understand - that's what I love about teaching."

With all the joys that Magrill has experienced being an IDC, he does have some trials as well.

"The hardest part about the job is you don't have a magic wand you can wave and make everyone better," he said.

Magrill looks forward to the future where he wants to further his career in medicine.

"I hope to finish my bachelor's degree soon and apply for medical school," he said. "I want to become a doctor in emergency medicine."

When returning home Magrill looks forward to return to his wife Amy, and his three "children": Cee-Cee, Devil and Angel his three canine companions.

Whether at home or treating a patient in Al Asad, Iraq, Magrill always applies his skills as a teacher, paramedic and hospital corpsman, and he always does it with a smile on his face.

"I just love making a patient feel better," he concluded.

## Oklahoma Reservist Awarded Bronze Star

**By Journalist 2nd Class Melissa Mullin, Naval Operational Support Center, Tulsa Public Affairs**

**TULSA, Okla.** - Capt. Dennis R. Staggs was presented the Bronze Star Medal during an awards ceremony held during a drill weekend in December at Naval Operational Support Center Tulsa.

The Bronze Star is awarded for heroic or meritorious achievement of service in connection with operations against an opposing armed force.

"I am humbled by the Bronze Star because of the corpsmen, medical officers, and nurse corps officers whose shoulders I stood on to attain this award," said Staggs. "I am grateful for their efforts."

Staggs received the award for his effective leadership and devotion to duty during his deployment to Iraq in support of Operation Iraqi Freedom from September 2004 to January 2005. Serving as Force Surgeon, Assistant Chief of Staff, G-4, for I Marine Expeditionary Force, Staggs supervised 19 level I and five level II medical treatment facilities, ensuring the effective care of more

than 18,000 disease and non-battle injury patients and more than 2,000 combat trauma casualties. He also oversaw the development of proactive medical plans for the battle in Fallujah in Operation Al Fajr.

The captain's efforts resulted in triage, treatment, evacuation, and definitive care being provided to more than 900 casualties encountered by coalition forces with an unprecedented low mortality rate.

During the critical national election period and Ashura and Arba'een pilgrimage, Skaggs coordinated contingency military and humanitarian medical efforts in the Al Anbar province. By obtaining funding for Arabic instructors and procuring appropriate medical textbooks, Skaggs facilitated the critical medical training of Iraqi Security Forces. His overseeing of preventive medicine programs resulted in high immunization rates, low heat casualty and indigenous disease rates, and a non-battle injury illness rate below the expected level for deployed forces.

Staggs enlisted in the Navy Reserve in 1986.

## Physical Therapy Technician Keeps Marines Battle Ready

By Cpl. Adam C. Schnell, 2nd Marine Division

**HADITHA DAM, Iraq** - Known as one of a Marine's best friends, the Navy field corpsman spends most of his time keeping Marines healthy and battle-ready while operating in the most hostile combat environments.

Hospital Corpsman 2nd Class Carlos A. Lopez, not only spends his day performing basic corpsman duties but also keeps Marines in the fight as a physical therapy technician.

"Muscle-skeletal injuries are my bread and butter," said Lopez. "It is a great feeling when you see a Marine who was hurt but after a treatment plan, is back to doing everything they did before they got injured."

As a physical therapy technician, Lopez treats patients on an almost daily basis for common injuries in Iraq, dealing with knees, ankles, and lower back problems.

When a Marine comes into the battalion aid station with a muscle-skeletal injury, they see Lopez, who spends time taking down symptoms, performing a physical exam and then coming up with a treatment plan. After talking with the medical officer and gaining approval, Lopez puts his treatment plan into affect, hopefully bringing the Marine back to 100 percent combat effectiveness.

"Seeing people progress from an injury to being 100 percent again is what makes the job great," Lopez said.

Becoming a physical therapy technician in the Navy takes weeks of training. Because it was something Lopez really wanted to do, he got his chance to see what the therapy course had to offer after going on a deployment and being part of two different Marine units.

The eight-year Navy veteran got to test his skills as a physical therapy technician right after graduating the course. He was stationed at Naval Station Great Lakes, Ill., where he worked for almost three years with Navy recruits performing initial training.

"It was there that I really found out physical therapy was my thing," he commented. "It was most rewarding actually seeing the recruits fully recuperate, graduate and become a part of the Navy."

Along with his physical therapy technician duties, Lopez treats sick and wounded Marines who come from the field. He also helps treat Iraqi civilians and ensures the battalion's area is free of insurgent activity.

"When a wounded Iraqi civilian comes in and has to be treated, I don't see any difference than any other patient we have in here," Lopez said. "To me, a patient is a patient, there is no difference."

Helping the medical officers is



**HADITHA DAM, Iraq** – Hospital Corpsman 2nd Class Carlos A. Lopez, a physical therapy technician with 3rd Battalion, 1st Marine Regiment, helps Marines get back in the fight who suffer from muscle-skeletal injuries while in Iraq. U.S. Marine Corps photo by Cpl. Adam C. Schnell

something Lopez would like to do once done with his deployment. His plans include finishing his associate's degree and putting in a package to be a physician's assistant, which will further his career that he hopes lasts longer than 20 years.

## Bethesda Doctors continued...

(Continued from page 1)

technology, a non-invasive method used to diagnose colon and bowel disease, allows doctors to quickly and accurately evaluate potentially cancerous polyps.

"Promise lies in Virtual Colonoscopy's speed and it's relative non-invasiveness," Cash said. "It requires no sedation and it's not an uncomfortable procedure."

Although new technology is expediting the procedure, Cash said health care providers still struggle to get patients in for their annual screenings.

"Right now only 40 percent of people needing screening actually get screened," Cash said. "If we can get the other 60 percent screened, we can intervene and hopefully see a falling number of colon cancers and colon cancer deaths...that's our ultimate goal."

African-Americans over 45 and all adults over age 50 should be screened annually, Cash said. He also said that men and women should both be tested and the belief men are more likely to develop colon cancer is a misconception.





## EMF Kuwait, Camp Pendleton Detachment Frocks 44 Sailors

By Capt Lee Cornforth, MSC, Camp Arifjan, Kuwait

### CAMP ARIFJAN, Kuwait –

Over the past few weeks, 44 Sailors attached to the Expeditionary Medical Facility Kuwait (EMFK), Camp Pendleton Detachment have been frocked for advancement in grade. These Sailors deployed to Kuwait from 15 different activities across Navy Medicine and a Seabee battalion to staff the U.S. Military Hospital Kuwait.

During one of more than half a dozen frocking ceremonies at the U.S. Military Hospital Kuwait and several outlying clinics, Capt. Cathy Wilson, EMFK Commanding Officer, remarked, "The fact we have well over 17% of our enlisted staff being frocked for advancement this cycle is evidence of the high quality of our EMF staff. We have the best and brightest in Navy Medicine here and these Sailors truly represent that."

Hospital Corpsman Senior Chief (FMF) Fred Kasper, who developed the frocking ceremony script, noted the importance of naval customs and traditions, "In today's Navy it's more important than ever to educate our young Sailors on our naval heritage and traditions to help them understand our Navy culture and distinguished history." The Chief Petty Officers of the Navy have traditionally been charged with upholding and instilling these customs and traditions in the new Sailors.

The EMFK staffs the U.S. Military Hospital Kuwait and its nine satellite health clinics located throughout Kuwait and Qatar. The EMFK is sourced from 22 different naval activities. This Navy Medicine team provides health care to U.S. and Coalition forces stationed in, or transiting through, the U.S. Army Forces Central Command area of responsibility to include Kuwait, Qatar, Afghanistan, Iraq and the Fleet Forces.



The U.S. Military Hospital Kuwait is a Level Three medical facility that provides outpatient, as well as inpatient, care and specialty services such as cardiology, pulmonary, critical care, internal medicine, general surgery, optometry, orthopedics, gynecology, laboratory, pharmacy, radiology, mental health, dental and physical therapy.

## EMF Kuwait Sailor Gains Citizenship

By Hospital Corpsman Senior Chief (FMF) Fred Kasper

**CAMP ARIFJAN, Kuwait –** It was a proud and memorable day for Hospital Corpsman 3rd Class Martha Stamp as she became a U.S. citizen during a naturalization ceremony on Dec. 15, at Camp Arifjan, Kuwait.

"When I recited the oath of allegiance I could feel tears streaming down my face, it was such a proud moment for me and is something I will never forget," Stamp said.

She is one of 23 personnel representing all branches of the U.S. Military Service that took the oath of citizenship that day.

For Stamp, currently deployed to Expeditionary Medical Facility (EMF) Kuwait, it has been a journey of nearly 10 years in the making. A native of Roatan, Honduras, Stamp moved to the United States in 1996 on a Resident Card (also known as a Green Card), with several of her siblings.

Stamp joined the Navy a little

more than two years ago, and was very disappointed when she learned that she could not vote in the last Presidential Election.

Determined to make a difference and live the American dream, Stamp applied for citizenship while stationed at Naval Hospital Pensacola, Fla.

Since a 2002 law allowed U.S. military members to apply for citizenship, thousands have taken the oath to live the American dream. Very few, however, have had the opportunity to take the oath and claim the title of 'American Citizen' while deployed to a combat zone.

Reflecting on her new opportunities as a U.S. citizen, Stamp said, "I don't hear too much in Honduras about people my age having a dream and living that dream. They're not exposed to the opportunities Americans share on a daily basis. I am really looking forward to choosing my own leader, to make my own choices and to achieve my dreams. As an Ameri-



**CAMP ARIFJAN, Kuwait**—Army Maj. Gen. James Kelley (far left) presents the Certificate of Citizenship to Hospital Corpsman 3rd Class Martha Stamp as Mr. Mathew Tueller and Mr. John Bulger (far right) look on. U.S. Navy photo by Hospital Corpsman 3rd Class Marika Steenblock

can I now know I can do this."

The ceremony was officiated by Army Maj. Gen. James Kelley, Deputy Commanding General for Coalition Forces Land Component Command, Mr. Mathew Tueller, Charge d'Affairs, U.S. Embassy Kuwait, and Mr. John Bulger, District Director, U.S. Citizen and Immigration Services.

## Independent Duty Corpsman Teaches Iraqi Soldiers Basic Medical Care

By Sgt. Ryan S. Scranton, 2<sup>nd</sup> Marine Division

**AR RAMADI, Iraq** – Hospital Corpsman 1st Class Mark D. Narduzzi is an independent duty corpsman trained to work on his own, but recent challenges have pushed him to the limits of his training.

Narduzzi serves as a medical advisor with the Military Transition Team working to bolster the medical capabilities of 1st Battalion, 1st Brigade of the 7th Iraqi Army Division, and is the senior medical advisor in the team. He's been responsible for taking a group of Iraqi soldiers and finding those who can provide medical care to the rest. It's been a slow process.

When he arrived here in July, he was handed a mixed bag of talent. Some of the soldiers he found had previous medical experience under Saddam Hussein's regime and others had little more than a general interest in medicine.

"When I first got here, I did interviews and looked at their records," Narduzzi said. "Some of the soldiers had no experience, but a few were medics in the old army. They had about as much training as your basic emergency medical technician."

Narduzzi has been able to get his soldiers past the stage of being his assistants. Over time he weaned them off relying on him to treat and diagnose problems. He has now

taken on the role of observer and evaluator. His staff of eight operates their own medical station and treats patients under his supervision.

"At first, I did everything and they mostly observed," Narduzzi said. "Now, they're running their own battalion aid station. They've done pretty well so far."

Being deployed also forced Narduzzi to overcome the lack of a medical facility and supplies. The aid station is little more than two large metal containers and some wooden shelves stocked with gauze, aspirin and other medicines. But it's a vast improvement from when Narduzzi took over.

When he arrived, the soldiers were working in a burned out building with no electricity and few supplies. The Iraqi army logistical chain is still a work in progress, making medical supplies scarce. Narduzzi was forced to adapt, frequently borrowing supplies from a nearby U.S. military aid station to support his soldiers.

"When I got here, it was like being blindfolded and walking around in the dark," Narduzzi said. "Since then, the camp and our progress have grown in leaps and bounds. We're teaching them independence as a whole and making them understand we are here to facilitate them, but one day they will be on their own."



**PACIFIC OCEAN** - Medical department personnel tend to Electronics Technician 2nd Class Robert Acree during a simulated medical emergency, during a General Quarters (GQ) drill aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). Stennis is undergoing sea trials after an 11-month overhaul at the Puget Sound Naval Shipyard. U.S. Navy photo by Photographer's Mate 2nd Class Mark J. Rebilas



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## San Diego Opens New ICU

By Photographer's Mate 1st Class Michael R. McCormick, Fleet Public Affairs Center Pacific

**SAN DIEGO** - Naval Medical Center San Diego celebrated the completion of a renovation project to an Intensive Care Unit (ICU) during a ribbon-cutting ceremony Dec. 15.

The 15-month renovation converted the original open-bay units

into 16 individual ICU rooms with two nursing stations, two medication prep rooms, a nourishment room, a staff lounge, and new state-of-the-art equipment.

"With the new ICU, the nurses have seven nursing station alcoves providing a direct line of sight to monitor the patients," said Lt. Sandra Crawford, health facilities planning and project manager.